

Development and quality evaluation of instant rice noodles (cup noodle)

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Noodle is one of the main food item widely consumed throughout the world and their global consumption is second only to bread. The instant noodle market is growing fast in Asian countries and is gaining popularity in the western market. Wheat flour which is usually used for making instant noodles is poor in essential amino acid lysine. A few amounts of instant rice noodles available in the Sri Lankan market but there are also not in the form of ready to use cup noodles. Sri Lankan rice self-sufficiency rate was increased within last five years due to excess paddy production. It is important to introduce rice based novel food items such as instant cup noodle which helps to process excess paddy harvest in Sri Lanka. Instant cup rice noodles could be a good solution for people with busy lifestyle to have nutritious meal in morning time since product can be prepared within 3 min by adding boiling water only. This study reveals that the product is at acceptable level 4.83 out of 5.00 in sensory evaluations and cooking loss was 10.18%.